

Policies & Procedures | Empowered Living Company d/b/a ELC Fitness

The purpose of these policies is to provide consistent guidelines for everyone who is part of the community of ELC Fitness 24/7. Our goal is to create a safe and enjoyable experience for our diverse group of members. We have all ages, abilities, and fitness levels in our facility. As such, please be considerate of others, and that includes coaches/staff. We want everyone to enjoy a healthy and fun environment. Yes, we have standards, but they are made with YOU in mind.

1.Exercise clothing: Absolutely no outdoor shoes beyond the lobby, the shoes you wear into the facility should not be the same shoes you wear on the carpet and the equipment. You must be 18 to remove your shirt. Please, wear deodorant :)

2.Food & beverages: Clean up your trash and we are fine. If you leave a crumb trail or spill something, just let staff know so they can get you the appropriate tools for cleanup.

•NO FOOD OR BEVERAGES on cardio equipment! Water is the ONLY exception and it must have a secured cap/lid if joining you on the machine.

3.Equipment

•Dropping any free weights and barbells is punishable by death. Well, almost. PLEASE DON'T DO IT! If using barbells during business hours (8am-5pm), crash pads are required.

•Sanitize and clean up your equipment when you are done. Please put equipment back where you got it.

•Damages to equipment due to misuse or foul play will be the financial responsibility of the individual using that equipment. If you cause any damage to ELC Fitness, you will be liable to the ELC Fitness owner for its cost of repair and replacement.

•If you have never used cardio equipment, please make sure to get assistance from the staff in advance. There are basic steps to stay safe and use cardio equipment appropriately. For example, when you start a treadmill, you should not be standing on the belt but instead on the side planks.

•ELC Fitness reserves the right to at any time delete, discontinue, repair or replace the facility equipment without any effect on this Agreement. ELC Fitness may be closed for up to two weeks each year for maintenance purposes.

4. Classes:

- ELC Fitness classes will follow the school's discretion with weather-related announcements. If school is two hours late, ELC Fitness will cancel all morning classes. If school is closed due to weather, ELC classes will also be canceled. 24/7 access will remain open and available.

- We require that you are 13 or older if you attend ELC Fitness 24/7 classes. If under the age of 15, you need to attend classes with a parent/guardian.

- We require you to use GymMaster to RSVP to all classes. This helps your coaches be best prepared for class. If you do not know how to use GymMaster, please reach out to the staff for assistance.

5. Fellow Athletes:

- Respect those around you, please clean up your blood, sweat, pee, anything that came from your body. You get the idea, let's avoid all the germ spreading we can. If your shirt is sweaty and at the end of your workout, the equipment you used probably is too, please sanitize everything you touch.

- Avoid "boggling" down machines. If there is an obvious wait for a machine, please complete your use for that machine and let the next person on. Scrolling on your phone for 7 minutes between sets when others are waiting to use the squat rack is unacceptable.

- The TVs are great entertainment while using the cardio equipment, however, the entire gym probably doesn't want to hear your show. Respect the volume levels on the TV and on your personal devices.

6.Amenities: Please leave the bathroom, showers, and tanning room like you were never in there.

- Please, no dying your hair, painting your nails, or using any other products that can stain the walls, shower curtains, sinks, etc.

- The showers can be a hot commodity. Respect those around you and get in and get out - a 20 minute shower is not acceptable. Be efficient and share the space.

- You are responsible for your own eye protection while using the tanning bed and a separate waiver and membership are required to use the tanning bed.

7. Access Cards: Your key fob should be read at the door every time you enter even if the door is unlocked or if you arrive with another member of the club. You will be approached by a staff member to confirm your membership and obtain appropriate check-in if you enter the facility without using your access card.

- If you have a joint/family membership, it is important that each member is using their appropriate key fob.

- All key fobs are \$5.

8. Guests: You as a member will not allow anyone besides yourself to use your key fob. Please understand that you will be charged \$20.00 per visit for any unauthorized guest allowed into the facility using your key fob and your key fob may be deactivated or membership terminated. You will be responsible for any losses, damages or liability incurred because of any unauthorized guest you allow into the facility.

- If bringing a guest, guests must pay \$7.00 for a day pass and complete the registration process on our website. If you do not have a GymMaster account with an active membership type, you cannot enter the facility.

- A \$20.00 fine will be charged to any member who violates this guest intake process.

9. Children: being able to bring your kiddos to the gym is a huge convenience, we get that. Unfortunately, having kids at the gym has caused extra cleanup for staff and safety concerns for kiddos and members. Kids will not be allowed during workout times unless they are young enough to stay strapped into a car seat or stroller for the duration of your workout.

10. Youth Attendance: We require that you are 15 or older to use the facility. Exceptions can be made but must be approved by Cate Schultz in advance. Anybody under the age of 18 cannot be in the facility before 5:00 am or after 8:00pm.

11. Training: Unless you are a hired staff at ELC Fitness, you are not allowed to train or coach other members for payment. It is unacceptable to advertise your “classes” or “training” if you are not an employee of ELC Fitness.

12. Membership/Payments: Payments are due every 4 weeks via automatic payment. If you choose to pay cash or check, it is your responsibility to be paid up prior to the next billing cycle in order for your key fob to work.

- Members who join in the middle of the billing cycle can receive a prorated membership amount for that cycle.

- Any payments that were defaulted will be charged a \$5.00 fee before re-processing the initial payment.

- I understand that at the conclusion of the membership agreement duration, the membership will auto-renew for the same duration, at the current rate of that membership at that time, unless I request otherwise.

13. Membership Cancellation: Seven days notice is required upon cancellation of your membership and final payments will be charged in full.

- All membership cancellation requests must be routed through the Membership Cancellation form on our website in order to be processed. You will receive a follow up email from the ELC Fitness owner once received.

14. Video Notice: Members & their guests may not take unauthorized photos or video anywhere in the facility. Understand that ELC Fitness uses unmonitored video surveillance which may be retained by the facility for future use.

- We use video surveillance to monitor any violations of this agreement.

By signing below you are stating that you understand the Policies and Procedures set forth and as a Member agree to follow them. If any are not followed, ELC Fitness has the right to terminate your membership effective immediately and any and all prepaid monies will be forfeited.

Name Printed:

Signature:

Date: